



DEEP ORANGE & BRIGHT YELLOW

Eating Orange & Yellow Vegetables & Fruits Ensures Getting The Essential Vitamins, Minerals, Fiber & Phytonutrients That This Color Group Has To Offer

CDC Recommends Eating A Variety Of Colorful Vegetables and Fruits

The National 5 A Day for Better Health Partnership recommends eating deep orange and bright yellow vegetables and fruit. Vegetables such as sweet potatoes, carrots, and pumpkins all contain the phytonutrient beta carotene. Citrus fruits such as oranges, grapefruits, and tangerines contain another group of phytonutrients called bioflavonoids. Phytonutrients, substances found only in plants, may help your body fight disease and promote good health.

Beta carotene is a powerful antioxidant that is being studied along with vitamin C & E for the role it may play in reducing the risk of cancer, heart disease, maintaining good eyesight, boosting your immune system and slowing aging. Sunlight breaks down carotenoids so when you cut up vegetables don't leave them on the counter, use them quickly. Lightly cooking them makes their carotenoids more readily available.

- Brown LM, Hankinson SE, Seddon JM, Rimm EB, Willett WC. A prospective study of carotenoid intake and cataracts among US men. *Am J epidemiol.* 1998;147:213.
- Perrig WJ, et al. The relation between antioxidants and memory performance in the old and very old. *J. Am Geriat Soc* (1997);45:718-724.
- Pandey DK, et al. Dietary vitamin C and beta carotene and risk of death in middle-age men-The western Electric Study. *Am J Epidemiology* (1995);142:1269-1278.

Bioflavonoids are another group of phytonutrients that work together with vitamin C. They are being studied for their role in keeping bodies healthy, reducing the risk of cancer, heart disease, strengthening bones and teeth, helping heal wounds and keeping skin healthy. Bioflavonoids and vitamin C are powerful antioxidants that work as a team, it's important to get these nutrients from the whole foods that provide them—namely orange and yellow-colored vegetables and fruit.

- O'Neil KL, Standage SW, Hughes BG, Murray BK: Fruits and vegetables and the prevention of oxidative DNA damage. In *Vegetable, fruit and herbs in health promotion*, pgs 147-76. RR Watson (ed), CRC Press Boca Raton 2001.

Best Sources of Beta Carotene

Mangos	Carrots
Apricots	Sweet Potatoes
Cantaloupe	Butternut Squash
Peaches	Pumpkin

Best 'Orange/Yellow' Sources of Bioflavonoids

Oranges	Grapefruit
Lemons	Tangerines
Clementines	Apricots
Peaches	Nectarines
Papaya	Pears
Pineapple	Yellow raisins
Yellow Pepper	

There are thousands of health promoting phytonutrients found in plants. Researchers are just beginning to understand how they work to improve health, so it's important to eat a wide variety of colorful orange/yellow, red, green, white, and blue/purple vegetables and fruit every day. By eating vegetables and fruit from each color group, you will benefit from the unique array of phytonutrients, as well as essential vitamins, minerals, and fiber that each color group has to offer alone and in combination.



The best way to include a variety of foods is to eat vegetables and fruits of various colors. Eating a variety of colorful vegetables and fruits is an easy way to achieve the 5 to 9 a day goal. Keep in mind, 5 servings is the minimum, but strive for 5 to 9 servings a day.

Begin breakfast with a glass of 100% orange juice or blend yogurt and any of the above fruits in the blender for a quick fruit smoothie. Try snacking on the original fast foods a peach, apricot, pear or small bag of baby carrots. For lunch, try a tropical fruit salad and a baked sweet potato. End dinner with a pumpkin pie for dessert.

The 5 A Day Program encourages all Americans to eat 5 to 9 servings of vegetables and fruit a day to promote health and reduce risk of cancer and other chronic diseases. For additional information on the 5 A Day For Better Health Program and Partnership, visit:

<http://www.cdc.gov//5ADay>
www.5aday.gov
www.5aday.org*



Orange Recipes

Cantaloupe Slush with Mango

A refreshing dessert or snack, this is an easy way to satisfy your sweet tooth and get your 5 to 9 A Day!

Makes 4 servings

Each serving equals three 5 A Day servings

1 medium-sized cantaloupe

Juice of half a lemon

2 tsp honey

1 mango

Peel and seed cantaloupe. Cut into 1-inch pieces. (It should equal about 6 cups.) Place in blender or food processor with lemon juice and honey, and puree until very smooth. Pour mixture into a shallow 9x12 glass pan and set in the freezer for two hours.

With a fork, chip and stir the icy mixture and return it to the freezer for two to four hours.

Peel and cut mango into long, thin, attractive slices, avoiding the pit (which is shaped like a large almond). Again with a fork, chip the frozen cantaloupe mixture so it resembles a snow cone or shaved ice. Spoon it into clear bowls, top with mango slices, and serve.

Nutritional analysis per serving: Calories 96, Protein 2g, Fat 1g, Calories From Fat 5%, Cholesterol 0mg, Carbohydrates 24g, Fiber 2g, Sodium 14mg.

Curried Rice with Roasted Carrots and Apricots

This colorful, spicy and sweet combination goes well with chicken or fish.

Makes 4 servings

Each serving equals one 5 A Day serving

2 cups basmati rice (or any type of rice)

2 cups carrots, sliced

$\frac{1}{2}$ cup low-sodium chicken or vegetable broth

2 Tbsp curry powder

$\frac{1}{2}$ cup dried apricots, diced

2 Tbsp walnut segments or sliced almonds, toasted* (optional)



Cook rice according to package directions. Meanwhile, roast carrots at 400 °F, covered, for 25-35 minutes, until soft when pierced with a fork. Add broth, curry powder, apricots and nuts to cooked rice and stir gently. Heat on low heat until evenly warm. Transfer to serving dish, top with carrots, and serve.

*To toast nuts, simply spread them in a small pan in a 400 °F oven and heat them for 5 to 8 minutes, checking often, until you can smell their oils when you open the oven. Or, you can heat them on the stove in a small pan, stirring and watching closely.

Nutritional analysis per serving: Calories 279, Protein 6g, Fat 3g, Calories From Fat 11%, Cholesterol 0mg, Carbohydrates 58g, Fiber 6g, Sodium 25mg.

Butternut and Ginger Soup

Butternut squash is a great source of beta-carotene; serving as a soup is tasty way to get your 5 to 9 A Day!

Makes 6 servings

Each serving equals two and one half 5 A Day servings

Source: National Cancer Institute

1 tsp mild olive oil
1 $\frac{1}{2}$ cups onion, chopped
3 cloves garlic, crushed
2 tsp fresh ginger, chopped
1- $\frac{1}{2}$ lbs (6 cups) peeled raw butternut or other winter squash
 $\frac{1}{2}$ lb (1 cup) new potatoes, peeled and chopped
1 cup unsweetened 100% apple juice
3 cups water
 $\frac{1}{2}$ cup skim milk
 $\frac{1}{2}$ tsp salt

Garnish:

$\frac{1}{2}$ ($\frac{1}{2}$ cup) Granny Smith apple, chopped
2 Tbsp parsley, chopped

Heat the oil in a high-sided skillet or large saucepan on medium high. Sauté the onions 3 minutes or until it starts to wilt. Add the garlic and ginger and cook 1 minute longer.

Add the squash, potatoes, 100% apple juice, and water or broth. Bring to a boil. Reduce the heat and simmer 35 to 40 minutes or until very soft.

Puree in a blender or processor, in batches, until smooth. Pour back into the pan and stir in the milk and salt. Reheat and serve topped with chopped apple and parsley.

Nutritional analysis per serving: Calories 145, Protein 4g, Fat 1g, Calories From Fat 6%, Cholesterol 0mg, Carbohydrates 33g, Fiber 6g, Sodium 184mg.

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